

This Free E-Book is brought to you by [Natural-Aging.com](http://Natural-Aging.com).

**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**Thrive in 2005**

**By Yolanda Shoshana**

**Thrive in 2005 by Yolanda Shoshana**

Shoshi Says:

A titillating column for & about women

"Thrive in 2005"

It feels like 2004 came and went. By the time we get use to a year, it's time to face a new one. We begin to think about new resolutions and goals. Making promises to ourselves, sometimes we follow through; sometimes we don't even come close.

Here are five things that you can do to thrive in 2005 and make this a year to remember!

1) Set goals that fill you with passion and purpose—

A goal is a dream with a deadline. Have you thought about the goals that you feel passionately about that will take you to another level? Better yet, have you taken an extra step and written down those goals? Goals can be larger than life, medium, or small. If you have dreams that you continue to carry with you year after year, make this the year that your dream becomes a reality. Statistics show that when a goal is written down there is a greater chance that the goal will be accomplished.

2) Relax, relate, and release—

There will be times when you will loose your patience. When someone gets on your last nerve, it can mess you your whole day. Instead of getting angry or frustrated at someone why not relax in the situation, relate to the person, and release the negativity? What you are feeling is from your perception of the situation. You may not know all of the facts and you do not need to know all of the facts. Relax, relate, release, will keep you in a positive frame of mind while maintaining a positive flow for the day. As you incorporate this into your day, it will become easier to stop sweating the small stuff.

3) Do one thing each day that brings you joy—

No matter what your day looks like: good, bad or ugly, find at least one thing a day that is for you and only you that will bring you joy. Between work and life, it can become difficult to remember the little

things that bring a smile to your face. What brings you joy can be as simple as taking a long walk during lunch, getting yourself a cup of tea, calling in sick and watch soap operas all day, etc. There are so many things you can do that can make you feel warm and fuzzy inside. It will be your joy; you owe it to your spirit.

4) Face your fears–

Contrary to popular belief fear is not a bad thing. There are people who have made major accomplishments despite their fear. Fear can be your biggest motivator. If you want it, let nothing stand in your way. You have to have to remain a visionary. Ask yourself why it is that you have fear, does it stem from your past, is it something you were told about that the situation, or is the fear due to the thought of change? When you welcome change, your world begins to open up. Carpe Diem, seize the day.

5) Give unconditional love–

When you love without expectations or for a "specific" outcome, you are creating a boomerang effect. Giving and receiving come from the same source. This is not to say that you have to be a doormat for anyone or to stay in a relationship where you are being used. When you give love for all the right reasons, it will come back to you tenfold. "Where so ever you go, go with all your heart".

Yolanda Shoshana (Shoshi) is a life strategist, speaker, consultant, and artist for social change. Shoshi is an expert in women's issues and has been deemed "The Woman Booster". Shoshi can be reached at [shoshi@yolandashoshana.com](mailto:shoshi@yolandashoshana.com)

## **San Diego Home Sales Data - August 2006**

### **By Real Estate Advisor**

If you are in the market for San Diego real estate, homes or condos for sale, then you're probably keeping up on current market trends. The article describes August 2006 sales data for single–family homes located in Central San Diego County.

One way to determine if home prices are falling or increasing in a particular region is to compare the median price of homes in a community against the median price a year ago. The median price is a mid–point, where half the homes are above that price and half are below.

The communities that comprise Central San Diego County are listed below. The communities are organized based whether or not they had an increase or decrease in the median price compared to August 2005. The percent change increase or decrease from the previous year is also noted.

#### **Communities That Had an Increase in the Median Price**

Golden Hill: \$500,000 (23.5% increase from August 2005) Old Town: \$700,000 (11.6% increase from August 2005) San Carlos: \$620,000 (10.7% increase from August 2005) Point Loma: \$1,340,625 (7.7% increase from August 2005) La Jolla: \$1,650,000 (5.3% increase from August 2005) Logan

Heights \$410,000 (5.1% increase from August 2005)

#### Communities That Had a Decrease in the Median Price

Sorrento Valley: \$616,000 (–25.7% decrease from August 2005) Del Cerro: \$505,000 (–20.5% decrease from August 2005) Coronado: \$1,400,000 (–20.0% decrease from August 2005) Mission Valley: \$500,000 (–18.7% decrease from August 2005) Pacific Beach: \$786,000 (–17.3% decrease from August 2005) Ocean Beach: \$817,000 (–14.5% decrease from August 2005) University City: \$680,000 (–13.8% decrease from August 2005) Tierrasanta: \$650,000 (–12.4% decrease from August 2005) College Grove: \$477,500 (–7.3% decrease from August 2005) Mira Mesa: \$499,000 (–7.2% decrease from August 2005) North Park: \$575,000 (–6.7% decrease from August 2005) Paradise Hills: \$462,500 (–5.6% decrease from August 2005) City Heights: \$400,000 (–5.5% decrease from August 2005) Scripps Miramar: \$695,000 (–5.4% decrease from August 2005) Linda Vista: \$530,000 (–4.5% decrease from August 2005) Normal Heights: \$540,000 (–4.0% decrease from August 2005) Clairemont: \$535,000 (–2.7% decrease from August 2005) Encanto: \$445,000 (–2.5% decrease from August 2005) Mission Hills: \$745,000 (–0.3% decrease from August 2005)

The median price is just one measure to evaluate the condition of a real estate market. A qualified real estate agent can provide you additional insights about factors that influence home prices. Be sure to contact a Realtor before buying or selling real estate in San Diego.



This Free E-Book has been brought to you by [Natural-Aging.com](http://Natural-Aging.com).

**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**